MINICOURSES:  
What they are, where to find them, & how to add one
Want to explore a new subject without committing to a 3-credit course? Need to drop a course but can't go below 12 credits? Catching up on credits? Second half minicourses are great options to consider. "Minis" are 1, 1.5 or 2-credit courses that start at the beginning or halfway through the semester. You can find them on the Schedule of Classes, just like other courses, but we've developed a comprehensive list of SAS minis for easy browsing. To add a mini to your schedule, just chat with an advisor weekdays, 9 AM - 5 PM.

RU Health Services Resources:
Free virtual workshops & events for all students!

View Spring 2021 offerings, like mastering time management & coping during the COVID-19 crisis.

They also have an extensive Video Library on self-care, how to deal with crisis, improving mindfulness, managing anxiety & more!

Virtual counseling & therapy options are just a click away.

Get the latest information on COVID-19 testing.

Tips for Staying Healthy & Connected:
Reach out to friends & family. Video chat with loved ones regularly as a way of maintaining your connections while social distancing.

Do fun, distracting things! Many streaming apps now have a feature to watch videos with others. Have a virtual movie night! Bonus - you don't have to share the popcorn!

Replicate the in-class experience virtually by creating study groups and review sessions with your classmates.

Volunteer. Did you know self-care also comes in the form of helping others? Find a safe way to give back to your local community.

Summer Session Registration Begins
Interested in taking courses this summer? Registration begins Feb 15. Go to Summer Session's website for more information on cost & deadlines.